

BREAKTHROUGH CREATIVITY: A POWERFUL SYNTHESIS OF ALCHEMY, SOLFEGGIO FREQUENCIES, AND BRAINWAVE ENTRAINMENT FOR CREATING FROM HIGHER CONSCIOUSNESS

Presented by Theresa Bullard, PhD



Combining a doctorate in physics and an interdisciplinary research background encompassing quantum theory, nanotechnology, origin of life studies, and crystal chemistry, Theresa Bullard embraces and epitomizes the new paradigm of synthesizing knowledge from a variety of fields to create a new synergy. Following a lifelong path of exploring ancient metaphysical teachings, consciousness expansion, subtle energies, alchemy, and holistic medicine, she brings fresh ideas to the new study of science and spirituality. She possesses the much-sought-after ability to communicate these concepts in an inspiring and profoundly practical way that every generation from every background can understand and incorporate for real results.

A writer, speaker, and life-coach, Dr. Bullard has been leading programs in self-empowerment, professional performance, and personal transformation since 2002. She has assisted hundreds of people from all backgrounds in transforming their lives by realizing their unlimited potential. For more information, visit <http://www.eye-ris.org>.

Dr. Bullard's presentation at the Professional Seminar described a systematic approach to creativity in today's world designed especially for those people who would lead us into the future. This approach to creativity accesses a higher state of consciousness first, realizing that all truly "new" ideas come from beyond our own limited thinking.

Once in a state of higher consciousness, we can then access the quantum view of reality and clearly choose among many possibilities in our creative thinking.

The key is not only to get outside of routine but also outside of our comfort zone—the zone in which we feel familiar and that we can control to some extent. The magic and breakthroughs we seek happen outside the comfort zone.

Dr. Bullard draws from ancient alchemical methods and understanding, blended with modern science and powerful techniques for harnessing consciousness. Shifting to a quantum paradigm will help us more consciously create, amidst the rising uncertainties, the exponential inflow of information, and the accelerated pace of change today.



Dr. Bullard shared her 7-step method, which she coined V.I.S.I.O.N.S., and consists of:

- 1. Vision**
 - Getting a clear image of the subject or issue that we need to break through
- 2. Illumination**
 - Shifting to a higher state of consciousness, to transcend any perceived limitations that come from the lower mind
- 3. Stillness**
 - Moving into the void, to access the infinite field of potential—the source of all truly *new* ideas
- 4. Ignition**
 - Igniting the spark of creativity
- 5. Outburst**
 - Burst of creative ideas coming into the realm of our higher mind, where we can start to think about them and brainstorm for a new vision
- 6. Nexus**
 - The new vision next becomes a nexus point around which we can start formulating a plan
- 7. Success**
 - Successfully carry this plan into action and fruition

Dr. Bullard teamed up with J. S. Epperson to create a guided imagery called [Creative Alchemy](#) that incorporates all of these elements. This new guided meditation is available through the [TMI Store](#).

Also see “[The Seven Stages of Alchemy with Hemi-Sync](#)” by Dr. Bullard. Winter-Spring 2010 Journal.

